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Week ending Friday, November 15, 2013



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Road for a bomb hero

A HERO from the Second World War will be honoured as part of a new housing estate.

The main street in the new Goresbrook Village development will be named after Chief Petty Officer Reginald Ellingworth who was killed while defusing a bomb in 1940.

The other streets on the estate will be named after battles fought by the Essex Regiment during the First World War to mark next year's 100th anniversary of the Great War.

Barking and Dagenham Council leader, Liam Smith, announced the move at the launch of a new First World War exhibition at Valence House Museum on Armistice Day.

Council leader Liam Smith launches the WWI exhibition



Warrant officer dies after insurgent attack while serving in Afghanistan

SOLDIER KILLED IN ACTION

by Suzi Muston

barking@yellowad.co.uk

A SOLDIER who was born in Barking has been killed in action while serving in Afghanistan.

Warrant Officer Ian Fisher, from the 3rd Battalion, The Mercian Regiment, was fatally injured after his military vehicle was driven into during a suicide attack last Tuesday.

The 42-year-old, who was a sergeant major for a company of Warrior fighting vehicles, was airlifted to a military hospital at Camp Bastion but was confirmed dead shortly after.

He was born in Barking in October 1971, grew up in Elm Park, Hornchurch, and went to

Ayloffe Primary School, Sanders Draper School and then Havering Technical College. The father-of-two, who gained a science degree from Staffordshire University, leaves behind his wife, Emma, sons James, seven, William, five, and his parents, Simon and Helen.

In a statement, Emma said: "Ian will always be the centre of my life. He will be remembered as a doting father, loving husband and a true professional soldier. He loved being a soldier, that's what he lived for. We are all so proud and always will be."

Barking and Dagenham Council flew the Union flag at half-mast on all civic buildings in the borough as a mark of respect.

Council leader Liam Smith said: "Our thoughts and prayers are with his friends and family and regiment."

The Ministry of Defence said his colleagues described him as the "epitome of an infantry sergeant major – straight talking but obsessive in his pursuit of excellence."

Lieutenant Colonel Chris Davies, commanding officer of the regiment, said: "To lose a warrant officer of Ian Fisher's calibre in such a tight-knit family regiment is a huge blow that has left the whole battalion numb."

Ian is the 446th UK service member to die in Afghanistan since 2001 and is the eighth to be killed there this year.



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INSIDE

this week

Remembering
our heroes

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Competition

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FOOTBALL, for many, is an obsession. The countless miles clocked up following teams around the country, the endless cash spent, the hair-tearing tension and finger nail-biting anxiety won't matter at all should your team get that all important victory.

The 2013 – 2014 football season is now well underway. This year, leading tyre manufacturer, Hankook Tire continues as an Official Sponsor of the UEFA Europa League.

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Care home is one of UK's best

A CARE home in Dagenham was rated one of the best in the UK at the National Dementia Awards.

The charity-run George Brooker House, in Dagenham Avenue, was crowned among the top five care homes in the country at a glittering awards ceremony hosted by BBC presenter Bill Turnbull.

Sue Setters, who manages the Gold Star Standard care home, and care manager Margaret Buckhorn said: "It feels like such an achievement and will give encouragement to everyone who works here."

Sue and Margaret have both been working at the care home for more than 20 years. Sue started work at George Brooker House as a cleaner and Margaret being employed as a night care assistant.

The two managers said that because they have worked in a wide range of different roles themselves they have great respect from the rest of the team at the home, which provides care for 44 residents.

Sue added: "Everyone sees the house as a community in a community and we are one big family."

The care home is run by the national charity Abbeyfield, which was formed in the 1950s to offer people a place to find support, comfort, companionship and peace of mind in their later years.

Shirley Hewitt originally only placed her mother in the home for respite. But within just two days her mum decided that she wanted to stay permanently because of the warm welcome she received.

Mrs Hewitt said: "She enjoys watching everything that goes on and she enjoys a bath and getting her hair done regularly. I know the staff always look after her and have her best interests at heart."

George Brooker House has been rated as a three star home of excellence by the Care Quality Commission (CQC) and received an Abbeyfield Gold Star Award for Excellence in Aged Care.



TOP CARE: Staff and residents at George Brooker House celebrate the care homes top award.

Picture by Martin Dalton

Valence House scoops tourism accolade

STAFF at Valence House are celebrating after earning a tourism award for a second year.

The museum, in Becontree Avenue, Dagenham, has been awarded the prestigious Quality Rose Marque following a recent inspection from the national tourist board Visit England.

Inspectors said a visit to the manor house and archives was a 'very rewarding experience' and praised the museum for its high standards of presenting and interpreting local history.

They also said that the museum had 'very good' levels of maintenance and cleanliness.

Leader of Barking and Dagenham Council, Liam Smith, said: "This is great news. We know that Valence House is a great venue and well worth a visit, but to have industry recognition hopefully means prospective visitors from outside the borough will visit too."

The museum was inspected through the Visitor Attraction Quality Assurance Scheme (VAQAS), which looks at a variety of areas including the information that a tourist attraction offers to people before they visit such as its telephone service and website.

Valence House is the only surviving manor house in the

Dagenham area. It dates back to medieval times and is still partially surrounded by a moat. The museum galleries, which have been extensively refurbished, tell the story of Barking and Dagenham and its people and the new visitor centre is home to historic archives and a local studies collection.

Valence House is open Monday to Saturday from 10am to 4pm (except public holidays) and admission is free, although it does also have ticketed events.

For more information, please visit www.lbbd.gov.uk/valence or call 020 8227 2034.

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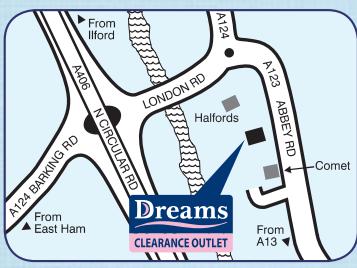
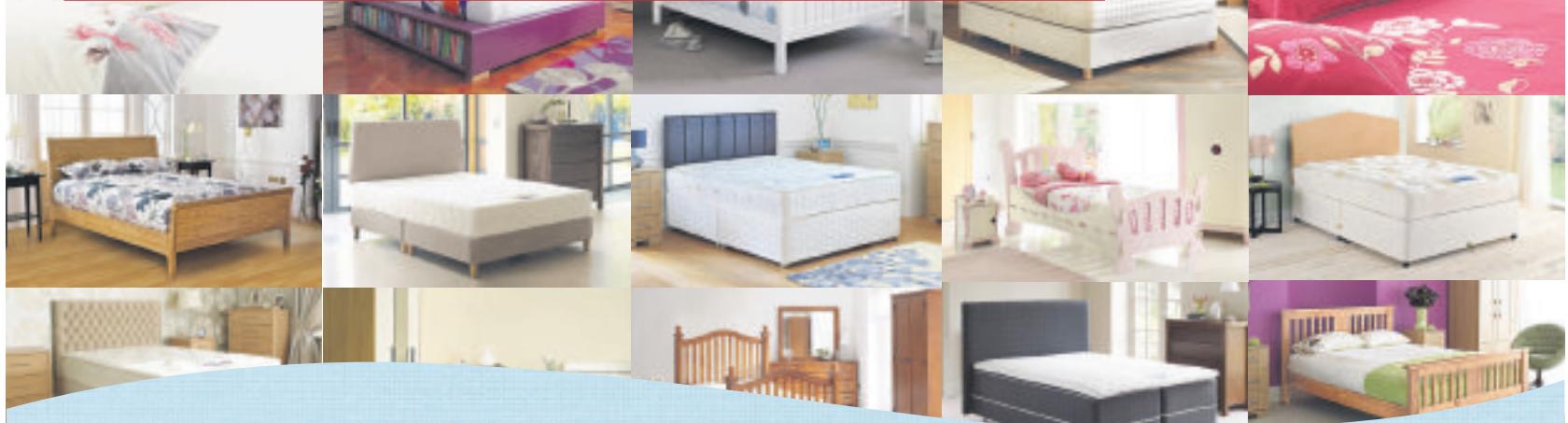


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SERVICE: Councillor Michael Lewis lays a wreath at Chingford Mount Memorial on Monday

Lest we forget

RESIDENTS, councillors and businesses across east London were among those who fell silent for two minutes to pay tribute to the nation's war dead on Remembrance Day.

The services of remembrance were led by civic and religious leaders accompanied by war veterans and representatives from the UK's armed forces and the Royal British Legion.

A Festival of Remembrance was held in Barking and Dagenham with services taking place from Friday, November 9

across the weekend and Remembrance Day on Monday.

The Barking Royal British Legion hosted a short service at the Job Drain VC Memorial Statue where council leader Liam Smith laid a wreath and led the two minutes' silence.

In Redbridge, the mayor of the borough Felicity Banks and Ilford North MP Lee Scott led a remembrance ceremony at the new war memorial at Fairlop Waters Country Park.

The council also hosted remembrance services at war

memorials across the borough.

In Waltham Forest, dignitaries gathered outside the Town Hall for a two minute silence and service of remembrance on Monday.

Local residents, veterans and councillors also took part in a parade from Chingford Fire Station through to the War Memorial at the junction of King's Head Hill.

Local people also took part in a remembrance service at the Harrow Green Memorial on Sunday.

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Advertising feature

Next Step Fostering seek more foster carers...



Next Step Fostering, the leading independent fostering agency, is holding regular drop-in sessions every Friday from 10am - noon for those interested in finding out more about fostering.

A family-owned business, Next Step Fostering has provided fostering services for over 25 years across Kent and most areas of London. Romford is now their sixth office.

Many people considering a career as a foster carer think that the local council is their only option. Most are completely unaware that independent fostering organisations even exist.

Next Step Fostering was established 25 years ago by Maureen and Alb Ward - who were foster carers themselves - and therefore had personal experience of caring for vulnerable children.

Next Step Fostering remains a family company as Maureen and Alb's daughter Lesley is the Director and she plays an active role in day to day decisions about the company and enjoys visiting foster carers to hear first hand how they are.

Next Step Fostering has gained an outstanding reputation for providing high quality child care. In the last three consecutive OFSTED inspections, Next Step achieved an 'Outstanding' rating across every standard in which they were assessed - probably the only IFA to achieve this.

A national shortage of foster carers means that children who cannot live with their family are being moved away from their home communities, resulting in a change of school, community, friends and religious contacts. Every day, Next Step receives child referrals from Local Authorities across the South East of England, but due to the high levels of demand, do not have sufficient families to meet the needs of the many children being referred.

As a family run company, Next Step Fostering is able to offer a personal, individual service to its foster carers and children. Supervision, support and training can be tailored to individual needs and foster carers have an open invitation to approach Lesley Ward directly to discuss any issues they may have.

Fostering a child is not an easy task, but it is possibly one of the most rewarding - and thanks to the generous allowance Next Step Fostering pays, many people give up unfulfilling jobs to undertake a career in fostering, where they feel they can really make a difference to young lives.

Clare Aston, Manager of the East London and Thames Valley offices, said "People often worry that they won't be suitable, based on things they have heard from friends or the media, but I would encourage anyone thinking about fostering to speak to us directly. We can answer all of their questions about the type of people we are looking for and what fostering is like."

If you are considering a career in fostering or simply want to learn more, call in to our next drop-in session on Friday 10am- noon at 1 Brentwood Road, Romford, Essex RM1 2HA or call 01708 209227. Alternatively, visit the Next Step Fostering website at www.nextstepfostering.org

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Help change a life

PEOPLE are needed from across east London to adopt children.

Haivering council's children's services department said it is not looking for 'perfect families' to become adopters and that both single people and couples would be eligible to look after a child.

Head of childrens and young people's services, Kathy Bundred said she wanted to dispel the idea that the process of adopting was difficult.

She said there were several, simple stages to go through that can take around six months to complete.

Firstly, prospective parents meet up with social workers from the children's services adoption team to explore the idea of taking on a new child.

This is followed up with a home visit to talk with the family in their home.

Kathy said: "During the home visit, social workers will be able to discuss what types of children are available to adopt.

"We also establish whether people could stretch to take sibling groups as we would always want siblings to be adopted together.

"A lot of people want babies, but normally there are more parents than babies."

During the home visit, a social worker will find out about potential adopters' lifestyle, what made them come forward and why now.

Kathy added: "We will be able to answer some of the



ADOPTION, NOT DIFFICULT: Kathy Bundred, head of children's services

questions people may have regarding support, settling a child and some of the expenses involved.

"During the home visit we also establish not only whether the adopters have the emotional space but also the physical space for another child."

After this there are several workshops where prospective parents can have more questions answered.

Kathy said: "We are always interested in family networks for adoption, for example if a

mum or dad can't look after a child, then we would look to the extended family, for example grand-parents or aunts and uncles."

The adoption panel eventually make a decision on an adopter's suitability, and Kathy makes the final decision.

The next adoption meeting is at Havering town hall, Main Road, Romford on December 4, at noon to 2pm.

To find out more call 01708 434577.

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FESTIVE: A knitted family in the eyes of Waltham Forest Council.

Create a close knit family

WALTHAM Forest Council has launched a campaign that supports adoption which urges residents to grab the wool and needles.

The 'Create a Close Knit Family' campaign draws on the importance of the family unit in a child's life, while recognising that families come in different shapes, sizes and wool blends.

The dolls will be given to children in the borough in time for Christmas.

Councillor Clare Coghill, Waltham Forest Council's cabinet member for children

and young people, said: "Behind the stocking stitches, tugs and rows, the campaign has a serious message as every year children need loving adoptive homes and adoption is a truly rewarding experience.

"We want people to realise that close knit families – whatever form they take – help children to develop into adulthood and adoption is something that most people, whatever their background, religion or marital status, can consider."

An adoption open evening

will be held in Waltham Forest Town Hall, in Forest Road, on Wednesday, November 20, from 6.15pm.

Knitted dolls can be sent, free of charge (FREEPOST RRGL-ZXTL-GZXZ), to Waltham Forest Strategy and Communications, Waltham Forest Town Hall, Forest Road, E17 4JF, before Friday, December 13.

For a knitting pattern and more information about adoption including further open evenings, visit www.waltham-forest.gov.uk/adopt or call 020 8496 3000.

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Surgeries to open at weekends

WEEKEND OPENING:
GP Dr Atul Aggarwal

GPs are to open their doors at weekends to relieve the pressure on hospital Accident and Emergency (A&E) departments.

A new scheme in Havering, which starts this weekend, aims to offer patients who are ill or injured and need urgent care, but are not a medical emergency, a weekend GP

appointment in place of a long wait at A&E.

Starting this weekend, the local NHS 111 service can book an urgent weekend GP appointment, if needed, at a nearby surgery.

Patients access the new service by calling 111 to ensure they get the right care. Some services, such as x-rays, stitches and medical certificates, are not available through the new scheme.

Hospitals can also re-direct patients to a weekend GP surgery if it is the right place for them.

A&E attendances at Barking, Havering and Redbridge University Hospitals Trust (BHRUT) increased by 18 per cent between 2003 and

2011, with the biggest increases coming at the weekend.

The GP weekend opening scheme will be rolled out between now and December, starting in areas with the highest number of patients using A&E. Participating practices will be open for a p o i n t m e n t s between 9.30am and 5pm on Saturdays and Sundays.

If the problem can wait until Monday, patients are issued a 'passport slip' that will ensure their own GP contacts them. This reduces pressure on GP surgeries at the start of the week as patients will not have to wait until Monday to phone for an appointment.

Havering clinical

commissioning group (CCG) chair and local GP Dr Atul Aggarwal said: "We know our local hospital is likely to face serious pressures over the winter and, as local GPs, we must do our bit to help. Patients should only go to A&E if they have a life-threatening emergency, but sometimes they simply don't know where they should seek help. We need to provide alternative places for patients who don't need to be in A&E at weekends but do need to be seen quickly."

The weekend opening scheme will initially run through the winter. GPs will then look at how effective the scheme has been before deciding whether to continue it.

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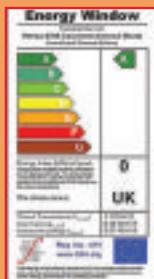
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Saturday, November 16

- Table Top Sales - Saturdays at St Paul's Community Centre, Barley Lane, Goodmayes, IG3 8XE, books, clothes, dvds and much more, refreshments, free admission, 12noon-3pm, cost per table starts from £8, to book call 07453 782726, allocated on a first come first served basis.
- Havering Sailing Club (HSC) - Stubbers Outdoor Pursuit Centre (on the B1421 Ockenden Road), every Saturday until end of November, from 12noon, newcomers welcome to join us for taster sessions, no previous experience necessary, call June Hutson 01375 846153 or John Slocombe 01708 222658 to arrange a session.
- Tennis - Small friendly Tennis Club in Ilford, we play throughout the year, (Sat afternoons, Sun mornings and three weekday afternoons), low fees, over 50s welcome, details Tom 020 8593 4365 or John 020 8592 1609.
- Garden Organically - Come and join our small friendly cooperative at Gale Street Organic Growers, Saturdays and Wednesdays, not just an allotment but a community garden, details 07815 500190.
- Dance - Alexandra School of Dance, South Hornchurch Community Hall, aged 4plus, every week, tap/modern, details Magda 07765 836796.
- Dance Club - Large Assembly Hall, Elyhurst Avenue, Elm Park, for children and teenagers, 01708 471208.

Sunday, November 17

- Strides Badminton Club - Wanstead Leisure Centre, Redbridge Lane West,

what's on

Sundays 3.30pm, new members welcome, aged 18 years and over, all levels, beginners, average and advanced players, details Mark 020 8598 8435 (before 9.30pm).

- Sunday Service - Lighthouse Chapel International Church, Outset Centre, Frederick Street, Walthamstow, 11am-1pm, 07974 108350.
- Sunday Services - Kings Road Baptist Church, Chingford (junction of Kings Road and Scholars Road), 11am and 6.30pm.
- Sunday Services - Higher Life Christian Centre, Forest YMCA, 642 Forest Road, Walthamstow, 10am-noon. 01708 159441.

Monday, November 18

- Devotional Meeting - Hosted by Baha'i Faith, 12 Lytton Road, Romford, 10.30am, open to all. 01708 446297.
- Meeting - Hornchurch Photographic Society, Ardleigh House, Ardleigh Green Road, Hornchurch, every Monday (except Bank Hols) 7.45-10pm, beginners/experienced photographers welcome. 01708 472301.
- Arts and Crafts - Unity Hall, Bramley Close, (off Oakfield Road), Walthamstow, friendly group for adults, every Monday afternoon. 020 8527 1454.
- Short Mat Bowls - Warren Heath Short Mat Bowls Club, Warren Junior School, Gordon Road, Chadwell Heath, Mondays and Fridays 7pm, further details Tony or Heather 01708 340874.
- Music Circle - Music Listening Appreciation Group, Rectory Library, Rectory Road, Dagenham, every Monday 7pm (except Bank Holidays), admission free. 020 8592 8821.
- Friendship Club - Plume of Feathers Pub, Church Hill, Loughton, for singles 50 plus, Mondays 7.30pm, further details 07986 472527.
- Meeting - Mingles unattached over 30's Club, The Lodge, 67 Corbets Tey Road, Upminster, every Monday 8.45pm-midnight, smart casual dress (no denim), ID required. 07860 578708.

Tuesday, November 19

- Gadabouts Social Club - Havering Indoor Bowls Club, Hornchurch, 8.15pm, for single people aged 40 plus, full monthly programme of events, further details 07528 370643.
- Tweedway 50plus Sports Club - Havering Road Methodist Church Hall, Moray Way, Rise Park, Romford, £3 each

includes tea/coffee and biscuits (bring own cup/mug), playing short mat bowls, snooker, table tennis, darts, rummikub and scrabble, 8-10pm, new members welcome, further details Pete 01708 728448.

- Blind or Partially Sighted? - Come and meet us at Yew Tree Resource Centre, 20 Yew Tree Gardens, Romford, every Tuesday 12.30-4pm, details 01708 724067 or 07939 603437.
- Stroke Club - Parkside Stroke Club, Parkside Community Centre, Goodmaves Lane, every Tuesday 1.30-4pm. 020 8595 3973.
- Romford YMCA Social Club - Rushgreen Road, Romford, for over 50s, 8.10 entrance includes refreshments, entertainment, quizzes, details Denise 01708 766211 ext. 217.

Wednesday, November 20

- Time 4-U - The Royals Youth Centre, The Broadway (Tesco underpass), Rainham, 'drop-in' facility Wednesdays 7.30-9pm, advice and support to families, friends, siblings and youngsters who have to care for an Alcohol/Drug Abuser, no need to book, confidentiality assured, qualified counsellors. 07765 273440.
- Wings for Women Support Group - For women who have experienced Domestic Violence or Abuse, Wednesdays 6.30-8.30pm, details 0208 556 7111 or 020 8923 7498.
- Hard of Hearing? - Come and meet us at Yew Tree Resource Centre, 20 Yew Tree Gardens, Romford, Wednesdays 12.30pm onwards, details 01708 724067 or 07939 603437.
- Meeting - Talking Hands, a friendly Club for the Deaf and Hard of Hearing, Wednesdays 10.45am-2.45pm, York Room, Ilford Library.
- Meeting - Mingles unattached over 30's Club, The Lodge, 67 Corbets Tey Road, Upminster, every Monday 8.45pm-midnight, smart casual dress (no denim), ID required. 07860 578708.
- Fun and educational parent and toddler music sessions - The Parish Centre, St George's Church, Harold Hill, Wednesday mornings, aimed at ages 1-3, call Kerrie 07940 557469.
- Meeting - North Romford Camera Club, Community Centre, Collier Row, Romford, Wednesdays 8pm; new members welcome. 01708 725849.
- Meeting - Friends Club, St Cedds Church Hall, Blythewood Road, Sevenoaks 07958 788292.

Thursday, November 21

- Circle Dancing to World Music - Quaker Meeting House, 1a Jewell Road, Walthamstow, 2-4pm, £4 including refreshments, beginners welcome, no partner needed, further details Pat 020 8556 3508.
- Meeting - Ilford Centre Townswomen's Guild, St Albans Church Hall, Albert Road, Ilford, 2-4pm.
- Over 40s Social Club - RUSSC Club, Mawney Road, Romford, join our lively friendship club, Thursdays 8.30pm, further details Linda 020 8984 9613.
- Meeting - Wanstead Rotary Club, County Hotel, South Woodford, every Thursday 1-2.15pm, call David 020 8989 2701.
- Meeting - Barking and Dagenham Friendship Club, Methodist Church, London Road, Barking, Thursdays 2-4pm, 1.50 a session, mainly for people who have had a sad loss to make new friends. 020 8594 6409.
- Harold Wood Bridge Club - Old School Building, Gubbins Lane, Harold Wood, Thursdays 7-10pm, also Friday and Wednesday afternoons 1-4.15pm. 01708 523513.

Friday, November 22

- Widows and Widowers Social Support Group - YMCA, Romford, every Friday 7.30pm, further details Bernard 01708 450572 or Glenda 01708 475845.
- Friendly Club - Pensioners Club at United Services Club, Blake Avenue, Barking, Fridays 12.30pm-3pm, all pensioners welcome. 020 8517 6256.
- Flower Arranging for beginners - South Hornchurch Community Centre, Nelson Road, Rainham, every Friday 11.30am-1.30pm, 5 per session, free tea and biscuits plus raffle, further details Sandra 01708 554385.
- Line Dance Class - The Chandos Centre, Stratford, Fridays 8-11pm, beginners to advanced, all levels welcome, call Lisa 07958 788292.

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Departs 22 December 2013

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Departs 6 December 2013

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motoring news

The key to young driver safety?



by Chris Russon

A DEVICE which will stop drivers using their phone to talk and text from behind the wheel has been developed by Ford and will be available early next year.

The high tech gadget is being aimed at parents who want to make sure their children stay safe once they have passed their test. In an industry first, Ford has developed the MyKey – a smart car key which can be programmed to block phone calls and also limit a vehicle's top speed.

Road safety research indicates that drivers under the age of 25 are up to three times more likely to be involved in a fatal accident than experienced drivers.

Other MyKey features restrict the volume of a car's sound system, disable the audio until seatbelts are fastened and give alerts at critical speeds and when fuel is getting low.

The system will be introduced on the latest Fiesta early next year before being rolled out to other Ford models.

Ford says the 'Do Not Disturb' feature on the MyKey is designed to help parents

DAD KNOWS BEST:
Ford's new MyKey controls new drivers' speed, phone activity and even the volume of the sound system

encourage younger drivers to concentrate on the road ahead by reducing phone-related distractions. The system works by blocking incoming phone calls or text messages from a Bluetooth-paired mobile phone, diverting calls to voicemail and saving text messages on the device for viewing later.

"MyKey adds a new dimension to auto safety by giving drivers standard technology that encourages safer driving and limits their exposure to risk, regardless of age or experience," said Peter Patzelt, Ford system architect for MyKey.

"MyKey can give parents peace of mind when they hand car keys over to their kids, and 'Do Not Disturb' enables parents to control another risk factor when their child gets behind the wheel."

The key can be used to restrict a car's top speed to 80mph while it can also be programmed to sound warnings at set points between 45 and 70mph. The MyKey programming is done via the car's master key allowing parents to restrict use of the car to driver's using secondary keys which cannot be used to override the commands.

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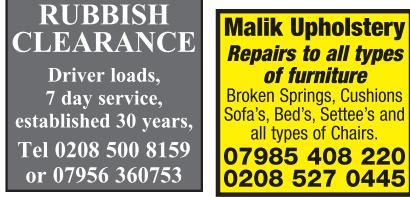
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TASTE OF DEFEAT AS O'S CRASH OUT

Orient

Stevenage 3 Leyton Orient 2
Johnstone's Paint Trophy,
Southern Area Quarter Final

By Rowland Lyons
at the Lamex Stadium

LEYTON ORIENT crashed out of the tournament at the hands of their ten-man, fellow League One hosts on Tuesday night.

Boss, Russell Slade made several changes from their 5-2 FA Cup thrashing of Southport last Saturday. Marvin Bartley earned a rare start in the centre of midfield due to talisman, Romain Vincelot's one-match suspension.

Without skipper, Nathan Clarke, due to a back injury, the O's struggled in defence and found themselves two goals down inside the first eleven minutes thanks to sloppy defending, which allowed Francois Zoko and Lucas Akins to stun the travelling supporters.

Although in-form, David Mooney

pulled one back three minutes later, Felipe Morais restored Boro's two-goal lead when he fired home from the spot after Elliot Omozusi had handled in the penalty box.

That was all in the first sixteen minutes and Slade was forced into a defensive reshuffle and it seemed to steady the ship as the O's – especially with Shaun Batt down the right wing – increasingly looked like the side that has taken League One by storm this season.

Stevenage's Roarie Deacon was sent-off after a poor challenge on the clean-through Batt on 38 minutes and to add insult to injury they conceded a penalty on the stroke of half-time when Lloyd James converted past Chris Day after a foul on the lively, Jayden Stockley.

The second-half – however – was a complete non-event. Despite enjoying territorial advantage, the O's – throwing men forward – were unable to break down a stubborn Stevenage defence, with the only

chance of note falling to Mooney, whose 54th minute header was well-saved by Day.

Not even the late introduction of star man Kevin Lisbie, nor a cameo appearance for versatile trailblazer, Robbie Simpson, could inspire the lacklustre O's, to leave Slade rueing a rare defeat.

"I am very disappointed about their goals – three crosses and three successes for them gave us a mountain to."

"I altered the defence – which made it a little better – but it [the defeat] was one of those things. The referee had some big decisions to make and there were some mistakes – but my players made mistakes."

Slade added: "We managed to get a goal just before half-time – which was important. With them down to ten men in the second-half, it was always going to be frantic – but we ran out of ideas."

"I learned some positive and negative things about my squad – and

we're only going to be successful if we taste failure. We don't like it and we want to get back to winning ways."

Elimination from the tournament could prove a blessing in disguise, with Slade concluding: "Obviously, if you're playing too many games, it is sometimes difficult to keep going on three fronts. But we're still in the FA Cup and in great nick and [league] position, so we'll take heart from that."

■ Orient entertain play-off hopefuls Preston North End this Saturday (kick-off 3pm).

STEVENAGE: Chris Day – Jimmy Smith, Peter Hartley, Michael Doughty Deacon (sent-off 38) – Felipe Morais, Luke Freeman (Sam Wedgbury 63), Simon Heslop – Lucas Akins, Christian Zoko (Jordan Burrow 90). Subs (not used): Steve Arnold, Bruno Andrade.

ORIENT: Jamie Jones – Elliot Omozusi, Scott Cuthbert, Gary Sawyer, Moses Odubajo – Dean Cox, Marvin Bartley, Lloyd James, Shaun Batt (Yohann Lasimant 74) – Jayden Stockley (Robbie Simpson 79), David Mooney (Kevin Lisbie 70). Subs (not used): Jake Larkins, De'Reece Vanderhyde.

FA Cup joy for O's and Blues

SOUTHEND eased into the second round of the FA Cup at the weekend with a decisive victory away at fellow League Two club Morecambe.

The Blues were two goals up within just nine minutes with a brace from Anthony Straker.

A late long-range effort from Ryan Leonard sealed the victory and left an angry Morecambe manager, Jim Bentley, blaming his side's poor preparation while Shrimpers boss Phil Brown was happy his side kept a clean sheet.

Southend will face another League Two side, Chesterfield, away in the second round on the weekend of December 7-8.

● LEAGUE One table toppers, Orient, cruised past Southport in a seven-goal cup thriller and earned the right to face Walsall in the Second Round.

Orient, at home, were cruising at two-nil after only nine minutes, courtesy of Shaun Batt and David Mooney strikes. Then the Skill Conference Premier outfit lost both their first choice goalkeeper, Danny Hurst and stopper, David Fitzpatrick after a sickening collision, with the keeper requiring hospital treatment.

O's boss Russell Slade, said: "The injuries made the game a bit messy and we lost a little rhythm. To be fair to Southport, it galvanized them a bit. But the goal to make it three-one, just before half-time, just about put paid to it."

League on its marks, get set, go!



COMPETITIVE: Runners from Essex take part in the county's cross country competition

Cross Country

THE LONG awaited Essex Cross County running league has started with a bang.

The competition opened at Great Notley Park, in Braintree, with other stages of the tourna-

ment held across the county over the next few months.

Hundreds of people entered categories that included age groups between 13 and 18, team runs, men and women individual races and veterans races.

Despite the cold weather, run-

ners recorded recorded times.

The competition will next take place in Gloucester Park, Basildon, on Saturday, November 16.

Other towns hosting the competition include Chelmsford, Hadleigh and Chingford.

Taekwondo siblings make history with belt gradings

Martial Arts

TRIPLETS Ilyas, Ibrahim and Ismail Hussain attended the National Black Belt Grading in Nottingham this weekend. The trio, aged 12, from Gants Hill, made history as the first set of triplets to attend the National Dan grade exam.

Ilyas and Ibrahim are year 7 students

at Beal High School whilst sibling Ismail attends Ilford County High.

The triplets started their Taekwondo Journey at the tender age of six when their father introduced them to Master Esrar Ahmed of Hadri Taekwondo Academy in Walthamstow.

President of the British Taekwondo Control Board, Master Adrian Tranter, was delighted to learn that triplets were being examined. After a tough examination process, with over a hundred attendees, all three triplets passed.

head coach of Gurumu Taekwondo, and also holds the position of British National Cadet Coach at Great British Taekwondo

President of the British Taekwondo Control Board, Master Adrian Tranter, was delighted to learn that triplets were being examined. After a tough examination process, with over a hundred attendees, all three triplets passed.



A delighted president, Master Adrian Tranter with the triplets (left to right) Ismail, Ilyas and Ibrahim

Hockey

League leaders show the way

Waltham Forest Men 0
Cambridge City Men 6

THIS week the men's 1st team welcomed Cambridge City, who were sitting unbeaten at the top of the league.

It was always going to be a tough match and Forest needed to produce a much better performance than at their last outing against Bishops Stortford.

From the off City pressed high and passed the ball around well and Forest found it hard to get any foothold in the match as wave after wave of red shirts attacked the home team's goal.

The new look central defensive partnership of Chris Brown and Shuhel Malique repelled everything and provided a calm assurance at the back and with the hard working Phil Peacock in central midfield Forest looked to have weathered the early storm and even started to create some chances of their own, Liam Radley missing the best of them when left with just the keeper to beat.

The visitors then began to up their tempo and re-exert some pressure and it soon paid off. Then the floodgates started to open and Forest heads began to drop. 4-0 down at halftime. Some harsh words were spoken by coach and captain as the performance was not up to the standard expected.

The second half was a more even affair with Forest missing a host of chances to get back into the match.

City, however, did add to their tally as the home team were embarrassingly caught on the break twice to give a resounding 6-0 scoreline.

Forest will have to re-evaluate their season aims after this defeat and knuckle down in training to get back to winning ways.

Forest ladies better Thurrock

Waltham Forest Ladies 3
Thurrock Ladies 0

WALTHAM Forest ladies 1s secured their seventh win of the league with a hard fought 3-0 win against Thurrock.

The first half was played in very wet conditions and Forest took a little while to settle into the game but made the crucial breakthrough with a flawless penalty corner routine.

Lucy Butcher's short corner strike flew past the goalkeeper and into the corner of the goal. Forest made it 2 shortly afterwards from another penalty corner, this time Jenny Field scoring a fantastic deflection from the right.

The home team were given a warning when Thurrock broke away and had the ball in the goal but it was ruled out and the home side remained 2-0 up at half time.

Waltham Forest dominated the second half and Clare Boyling 'Shrimpie's man of the match performance in midfield was integral to some of the brilliant play that took place.

Thurrock rarely tested the Forest goalkeeper Mog Campbell and the home team wrapped up all 3 points with a third goal from Jenny Field.

Next week Forest face one of their toughest matches as they take on Holcombe, currently second.

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